Recommended hand hygiene steps to prevent the spread of coronavirus



Follow these simple steps:





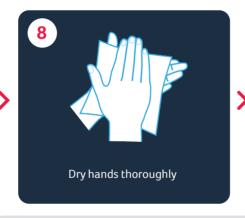














Symptoms

- A cough
- · Shortness of breath
- · Breathing difficulties
- Fever (high temperature)

Advice for people who think they may have coronavirus

- 1. Do not go to a GP surgery, pharmacy or hospital.
- 2. Contact the HSE on 1850 24 1850 for further guidance.
 - Note the 112 and 999 numbers are for emergencies only
- 3. You may be asked to self-isolate.
- 4. Your details may be passed to local health protection teams.
- 5. You may then be tested for the virus.
- 6. A doctor or nurse will give you advice on what to do next.

For further support and information, contact our advice line on:

1890 253 104